

Information for Family and Friends of Residents:



Pre-Release and Re-Entry Services
11651 Nebel Street
Rockville, Maryland 20852

Introduction

Every offender is a part of a family. We here at PRRS understand that incarceration is a difficult time not only for the offenders, but also for their families and friends. Separation from a loved one can be emotionally, spiritually, and economically overwhelming at times. Having a loved one incarcerated can cause relationship challenges, strain on family financial resources, and shifting roles and responsibilities.

This guide has been developed for you as a guide in understanding the process and the programs that will be used to govern your loved one's stay here at PRRS. It will also provide you with information on what kind of services and programs that are available in the community that your family may obtain to assist you during this time. Sponsor Group classes will be provided to you that are aimed at preparing you for the day your loved one returns home. Although this guide may not answer all of your questions, it will provide you information about PRRS to hopefully assist you during this difficult time.

Families and the support they provide play a very importance role in helping our residents be successful once released. Families provide housing, financial support, transportation, help finding employment, and are the go to for child care. We encourage you to maintain regular contact with your loved one who is in PRRS so you may be able to provide emotional support and stay informed on his or her progress.

PRRS understands there is a significant impact on families that have a loved one incarcerated and sometimes these families receive little support or understanding from the community. The sponsorship program offer these families' structure, information of community resources, and serves as a support group for those participating in the program. By developing a positive partnership, your loved one will have a better chance of being able to successfully re-enter the community.

Mission of Montgomery County Department of Corrections:

To protect the public and citizens of Montgomery County by providing a wide range of constructive, professional correctional services for pretrial and convicted detainees.

To ensure the safety and welfare of staff, visitors, and offenders by operating facilities and programs in a secure, humane environment which meets professional and standards and constitutional requirements.

To reduce the rate to reincarceration by providing offenders with the opportunity for self improvement and the inner resources necessary to make a successful adjustment within the community.

To meet the future correction and rehabilitation needs of the County by means of effective planning and responsible fiscal and resource management.

Mission of Pre-Release Re-Entry Services:

The mission of the Pre-Release Re-Entry Services of Montgomery County is to promote public safety and to provide offenders with the opportunities to develop progressive responsible behavior.

What does PRRS offer the offender?

Pre-Release and Re-Entry Services offers highly structured programs designed to assist residents in examining the issues that contribute to their criminal behavior. The programs and services offered are substance abuse treatment and counseling, parenting, life skills, employment assistance, housing assistance, cognitive restructuring, problem solving skills, and meditation services. All services and programs are geared toward releasing residents better prepared to re-enter the community and better equipped to meet life's responsibilities.

Each resident is assigned a case manager, who will work with the resident to identify issues that need to be addressed and together they will develop an individual re-entry plan.

How does one get selected to participate in PRRS program?

Within the first ten days of an offender arriving at the jail to begin their sentence, a member of PRRS screening team will assess the offender's eligibility to participate in PRRS program. Once it is determined an offender is suitable, the screening team will interview the offender to ensure there are no outstanding issues that would preclude the offender from participating, i.e. outstanding charges, Medical issues. Once the screening team accepts the offender, they will determine his or her starting date into the program.

What will my loved one be doing the first week at PRRS?

During the first week your loved one will participate in PRRS orientation. Orientation provides the new resident the opportunity to learn the rules, regulations and policies that govern PRRS. Residents are information of the programs and services offered by PRRS and the expectations of PRRS. Residents are afforded the opportunity to ask questions and address any concerns they may have.

New residents receive a briefing by each department, to include work release coordinator, medical staff and accounting departments. The first Tuesday after arrival the new resident will meet with their unit team. This provides the new resident and unit staff the opportunity to get to know each other and to discuss the goals he or she wishes to work toward while participating in PRRS.

Who will be managing my loved one re-entry plan?

Each resident is assigned a Case Manager and a Work Coordinator upon their arrival. The relationship between the resident and the case manager is an important one. It requires both parties to be actively involved in identifying issues that need to be addressed and the programs that will best address those issues. The case manager and the resident will meet within the first five days to formulate an individualized re-entry plan for the

resident. The case manager is responsible for overseeing the resident's re-entry progress, level movement, approval of visitors and sponsors.

The case manager of your loved one is the person you should contact if you believe you have information that would be helpful to the case manager or if you any problems or concerns.

The Work Coordinator's primary function is to assist residents with securing meaningful full time employment. Work Coordinators provide vocational guidance, counseling, and by facilitating job readiness/retention seminar. Work Coordinators recruit resources and educate the employment community about the need to provide opportunities to offenders nearing release.

Can I drop off clothing or hygiene items for my loved one?

Yes, items can be dropped off during normal working hours. Remember items can not contain any alcohol.

Does PRRS have a web site?

Yes, that information can be found at:

<http://www6.montgomerycountymd.gov/doctmpl.asp?url=/content/docr/PRRS/PRRSmain.asp>

This page will provide you information on PRRS, including the resident guide book.

How many groups must I attend?

All sponsors are required to attend a minimum of six sponsor meetings. After the sponsor completes the six meeting requirement, the sponsor must meet with the case manager within two weeks to complete the sponsorship program.

When does sponsor group meet?

Sponsor groups meet twice a week, Tuesday and Thursday in the outside classroom from 7:00 PM to 8:30 PM. Sponsors can chose the topics they

wish to attend that best fits their situation from the yearly sponsor group calendar that's provided in this guide.

Sponsor should arrive for sponsor group at 6:45 PM to begin the sign in process at the Front Desk. Sponsors arriving after 7:10 PM will not be able to attend sponsor group.

Is there anything I need to bring to the sponsor group?

No. All required material will be provided to you.

Can I bring children to the sponsor group?

No, children are not allowed during sponsor meeting. However, the resident whom you are sponsoring can provide childcare services while you are participating in the meeting.

What are the topics covered in Sponsor Group?

The following topics are covered on a rotating basis.

1. **Cognitive Restructuring:** This topic teaches the process of how the subconscious mind controls human behavior. The goal is to help people understand what controls human behavior and how to overcome behavior that is undesirable.
2. **Family Roles in Addiction and Codependency.** This group session will explore different roles family members assume when a member of the family is addicted to drugs or alcohol. We will examine these new roles and the effects they have on the addict's recovery.
3. **Change:** Change has always been a necessary aspect of life. People react, respond and adjust to change in a in sequence of six predictable stages. This group session will focus on those six stages and the behaviors associated with each stage of change.

4. Anger: In this group session we will explore this completely normal, usually healthy, human emotion. But anger can lead to problems at work, personal relationship, and in our overall quality of life.

5. Self-Defeating Behaviors: In this group session, sponsors will learn what self-defeating behavior is and examine the three models of self-destructiveness.

6. Working a Program: This group session will go over what “Working a Program” is and provide guidance on understanding and following your loved one Re-Entry plan.

7. Community Resources: This group session sponsors will receive information on community resources that may be available to them.

8. Probation Overview: In this group session a representative from probation and parole will provide an overview of expectations and services available to their clients.

Sponsor Group Calendar

Jan. 01, 2013- No class (Holiday)
Jan. 03, 2013- Change
Jan. 08, 2013- Cognitive Restructuring
Jan. 10, 2013- Enabling
Jan. 15, 2013- Anger
Jan. 17, 2013- Working a Program
Jan. 22, 2013- Community Services
Jan. 24, 2013- Probation
Jan. 29, 2013- Recovery a Family Affair
Jan. 31, 2013- Change

Feb. 05, 2013- Cognitive Restructuring
Feb. 07, 2013- Enabling
Feb. 12, 2013- Anger
Feb. 14, 2013- Working a Program
Feb. 19, 2013- Community Services
Feb. 21, 2013- Probation
Feb. 26, 2013- Recovery a Family Affair
Feb. 28, 2013- Change

Mar. 05, 2013- Cognitive Restructuring
Mar. 07, 2013- Enabling
Mar. 12, 2013- Anger
Mar. 14, 2013- Working a Program
Mar. 19, 2013- Community Services
Mar. 21, 2013- Probation
Mar. 26, 2013- Recovery a Family Affair
Mar. 28, 2013- Change

Apr. 02, 2013- Cognitive Restructuring
Apr. 04, 2013- Enabling
Apr. 09, 2013- Anger
Apr. 11, 2013- Working a Program
Apr. 16, 2013- Community Services
Apr. 18, 2013- Probation
Apr. 23, 2013- Recovery a Family Affair
Apr. 25, 2013- Change
Apr. 30, 2013- Cognitive Restructuring

May 02, 2013- Enabling
May 07, 2013- Anger
May 09, 2013- Working a Program
May 14, 2013- Community Services
May 16, 2013- Probation
May 21, 2013- Recovery a Family Affair
May 23, 2013- Change
May 28, 2013- Cognitive Restructuring

May 30, 2013- Enabling
June 04, 2013- Anger
June 06, 2013- Working a Program
June 11, 2013- Community Services
June 13, 2013- Probation
June 18, 2013- Recovery a Family Affair
June 20, 2013- Change
June 25, 2013- Cognitive Restructuring
June 27, 2013- Enabling

July 02, 2013- Anger
July 04, 2013- Working a Program
July 09, 2013- Community Services
July 11, 2013- Probation
July 16, 2013- Recovery a Family Affair
July 18, 2013- Change
July 23, 2013- Cognitive Restructuring
July 25, 2013- Enabling
July 29, 2013- Anger

Aug. 01, 2013- Working a Program
Aug. 06, 2013- Community Services
Aug. 08, 2013- Probation
Aug. 13, 2013- Recovery a Family Affair
Aug. 15, 2013- Change
Aug. 20, 2013- Cognitive Restructuring
Aug. 22, 2013- Enabling
Aug. 27, 2013- Anger
Aug. 29, 2013- Working a Program

Sept. 03, 2013- Community Services
Sept. 05, 2013- Probation
Sept. 10, 2013- Recovery a Family Affair
Sept. 12, 2013- Change
Sept. 17, 2013- Cognitive Restructuring
Sept. 19, 2013- Enabling
Sept. 24, 2013- Anger
Sept. 26, 2013- Working a Program

Oct. 01, 2013- Community Services
Oct. 03, 2013- Probation
Oct. 08, 2013- Recovery a Family Affair
Oct. 10, 2013- Change
Oct. 15, 2013- Cognitive Restructuring
Oct. 17, 2013- Enabling
Oct. 22, 2013- Anger
Oct. 24, 2013- Working a Program

Oct. 29, 2013- Community Services

Oct. 31, 2013- Probation

Nov. 05, 2013- Recovery a Family Affair

Nov. 07, 2013- Change

Nov. 12, 2013- Cognitive Restructuring

Nov. 14, 2013- Enabling

Nov. 19, 2013- Anger

Nov. 21, 2013- Working a Program

Nov. 26, 2013- Community Services

Nov. 28, 2013- Probation

Dec. 03, 2013- Recovery a Family Affair

Dec. 05, 2013- Change

Dec. 10, 2013- Cognitive Restructuring

Dec. 12, 2013- Enabling

Dec. 17, 2013- Anger

Dec. 19, 2013- Working a Program

Dec. 24, 2013- Community Services

Dec. 26, 2013- Probation

Dec. 31, 2013- Recovery a Family Affair